

Fresh Herb and Berry Salad from *Urban Sacred Garden*



This tangy, spicy salad is not for the faint of heart. You must truly love fresh herbs to enjoy the complex flavors that will dance across your palate with every bite of this crispy summer salad. I have listed my recommendations of herbs from my garden, but feel free to alter them based on your palate and preferences.

Just Parsley and Mint, as an example, would provide a crisp, fresh alternative with less kick than Dill, spicy Basil and Sage. I also use Greek Yogurt and Honey in lieu of traditional salad dressings as the leafy contents of this salad are already so complex. If you have a daring and bold palate, add all the below and dive in!

INGREDIENTS:

4 Cups Fresh Spinach
2 Large Tomatoes, cut into chunks (or a variety of cherry tomatoes, cut in 1/2)
1/2 Large English Cucumber, peeled and cut into chunks
1 Cup Fresh Blackberries
1 Cup Fresh Blueberries
1 Cup Fresh Strawberries, but into quarters
1/2 Cup Sliced Almonds
Dressing of Choice, I use 1/4 Cup Plain Greek Yogurt and Honey Drizzle

FRESH HERBS (You can pick, choose and alter):

6 Stems Dill Flowers, chopped (ensure they have turned yellow for best flavor)
10 Basil Leaves, coarsely chopped
1/8 Cup Parsley, coarsely chopped
6 Sage Leaves, finely chopped
6 Lemon Balm Leaves, finely chopped
1/4 Cup Chives, finely chopped

DIRECTIONS:

1. In a large bowl layer Spinach, Tomatoes, Cucumber, Berries, and Almonds. Add Fresh Herbs to the Salad and Toss. NOTE: Keep dressing separate from fresh fruit and veggies and you can cover this salad and keep in the fridge to munch on for days to come.
2. Serve in individual bowls with dressing of choice. I love this salad with Greek Yogurt and Honey. Enjoy!